



# “PLAY TOGETHER, LEARN TOGETHER”

## SEMINAR inside ERASMUS + KA 1

ELCHE, 28<sup>th</sup> of june – 4<sup>th</sup> of july of 2016

CLUB BALONMANO ELCHE



**Play together  
Learn together**

Erasmus + KA1 seminar Elche, June 2016

Supported by:



Ajuntament d'Elx

20 AÑOS



## Summary

“Play together, Learn together” is a project that has as main aim promoting the use of strategies to support social inclusion through sports activities. The main activity of this project will be a seminar of 7 days where youth workers, social workers and volunteers from 10 countries will share and compile best practices and methods, create new strategies and tools that might be used by the participants of this project and other people. This seminar will be held in Elche from 28<sup>th</sup> of June to 4<sup>th</sup> of July of 2016.

In order to help this project to achieve this aim, “Play together, Learn together” will pursue the following objectives:

- **Exchange** experiences and good practices about social inclusion through physical activity.
- **Share** the realities of our own countries according social inclusion and sports.
- Reflect on the possibility of creating new tools or strategies regarding social inclusion and sports.
- **Establish** a network between organizations interested in promoting sports as a tool for social inclusion.
- **Promote** physical activity as a way to improve people’s lifestyle.

## Participant profiles

We will have **33** participants from **10** different countries:

- **Bulgaria**
- **Czech Republic**
- **Estonia**
- **France**
- **Greece**
- **Italy**
- **Portugal**
- **Romania**
- **Slovakia**
- **Spain (6 participants)**

There is no age limit from above, however, there is under. Please all suitable participants should be above 18 years old.

It is very important for the success of the activity that all the participants are Youth Worker, people working with sports as tool for social inclusion or volunteers that might be interested in becoming a Youth Worker in this field. It is possible to elect participants who are interested in using physical activities as a way to foster social inclusion in their own organizations.

Participants will be selected between the hosting and sending organization upon of their experience, motivation and knowledge about the topic. However, we will try to keep a gender balance and a “knowledge” balance, allowing to create a comfortable space for learning from each other.

## Travel costs

We will reimburse your travel costs according to the rules of the Erasmus + Program. Reimbursement of travel costs will be done upon presenting original tickets, receipts/invoices and boarding passes. Reimbursement will be done in EURO, regardless of the currency indicated on your ticket, receipt or invoice. All the participants will get their reimbursement via bank transfer after the activity is finished and hosting organization has all the participant’s tickets. Costs of bank transfer will be charged into the account of the participants.

**IMPORTANT NOTE:** Please, do not buy any ticket without consulting us at [proyecto europeo@cbmelche.es](mailto:proyecto europeo@cbmelche.es) Any ticket purchased without consulting might be not reimbursed.

This is the maximum that any participant’s ticket can be reimbursed:

For travel distances between 500 and 1999 KM: 275 EUR per participant  
For travel distances between 2000 and 2999 KM: 360 EUR per participant  
For travel distances between 3000 and 3999 KM: 530 EUR per participant  
For travel distances between 4000 and 7999 KM: 820 EUR per participant

We kindly advise you to search for the cheapest option possible due to the fact that the cheapest your ticket is the fastest can be reimbursed.

## Accommodation

The accommodation will be in a 3 star hotel **TRYP Ciudad de Elche**, in the very center of the city of Elche. However we encourage you to find more information about the accommodation and the city of Elche on the internet ☺

Rooms will be distributed preferably by gender and 2 participants per room. In case of any inconvenience, hosting organization and the hotel will try to find the best solution.

The **TRYP Ciudad de Elche** is located in the heart of Elche, near the Basilica of Santa María, the Municipal Park, the Jardines Huerto del Cura, the Congress Centre, the MAHE (Archaeological Museum), the main shopping area of the city, the best restaurants and the hot spots of Elche.

### ADRESS:

Avda. Joan Carles I, 7  
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Spain

### COORDINATES:

N +38° 15' 59.83" / W -0° 41' 41.35"

## How to reach Elche?

To reach Elche is very easy. The main airport and main train station is ALICANTE (25 km away). Elche city has bus station. There is no train station in Elche, but two train stops of the train line Alicante – Murcia.

Our suggestions:

IF you arrive to **Madrid**

- There are straight buses to Elche (or to Alicante, and then go to Elche). (Medium expensive)
- There are trains to Alicante (and then short distance for free to Elche). (More expensive).
- There is carpool; Blablacar.es is functioning with many cars per week to Elche. (Cheapest)

IF you arrive to **Valencia**

- There are straight buses to Elche. Bus station to bus station.
- There are some trains that arrive to Elche, but the most of the trains will arrive to Alicante. Then you can take also a train to stop in Elche.
- Carpool option with Blablacar.es

IF you arrive to **Alicante** airport

- There are buses from the airport to Elche (20 km away)
- You can take a bus to Alicante and then take a bus to Elche, or train to stop in Elche.

Some links of interest:

- <http://www.renfe.com> (TRAIN, unique train buying web)
- <https://www.alsa.es> (BUS company)
- <http://www.goeuro.es> (Searcher device for buses and trains)
- <https://www.blablacar.es/> (Carpool, this requires to create a profile)

**IMPORTANT REMINDER:** The arrival to Elche should be at least on 28<sup>th</sup> of June, the departure from Elche should be at least on 4<sup>th</sup> of July. There is the possibility of arriving one day earlier or later to Spain. In any case, please contact us before buying any ticket.

# What to bring with me?

As we will stay in a hotel, there will be sheets and towels. Choose the clothes you find appropriate, however weather will be very sunny and hot, so come ready with sun blocker cream and/or hat. We will walk a short distance from the Hotel to the working space every day.

We will have intercultural evening with local authorities involved, please bring with you any food, drinks, brochures that you would like to show about your own country, culture, etc. We will also have a presentation of our organizations, it is important to bring something ready to show to the others 😊

This main activity is a seminar, in this type of activity participants need to know about the topic of the project: Sports as tool for social inclusion. So, we will need to bring to this seminar with us:

- Information about the situation of the use of sports as tool for social inclusion in your country.
- Strategies, best practices and ideas of using sports for social inclusion. Experiences and activities developed in your own organization.
- Ideas for new projects in Erasmus +. We will use time to create drafts for future projects.
- Positive and open mind mood. This will be an intercultural and inter age exchange of ideas!

Please, contact us for any doubts or suggestions. The more we will talk before the seminar, the better results we will get 😊

Soon, we will send another Info pack with information about the daily schedule!

**“WE ARE WAITING FOR YOU IN THE OASIS OF SOUTH OF SPAIN!”**